

**Name/Title:** Jump Rope Skills Assessment

**Purpose of Event:** Students assess whether or not they can perform certain jump rope skills, and describe why or why not. The student then makes up a routine based on combining two or more skills and teaches it to a partner.

**Suggested Grade Level:** 3-5

**Materials Needed:** [Jump Rope Challenge Assessment Sheet](#)

### Description of Idea

After covering the following jump rope skills (single slide swing, bell, skier, heel touch, backward, cross over, toe touch, etc.) use this [Jump Rope Challenge Assessment Sheet](#) to see what your students are learning.

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Submitted by **Chris Wirszyla** who teaches at Cape Fear Elementary School in Rocky Point, NC. Additional authors for this idea were Amanda Perkins. Thanks for contributing to PE Central! **Posted on PEC: 3/6/2015.**

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